



March 2025

*When it comes to mental health,  
small actions equal big impact.*

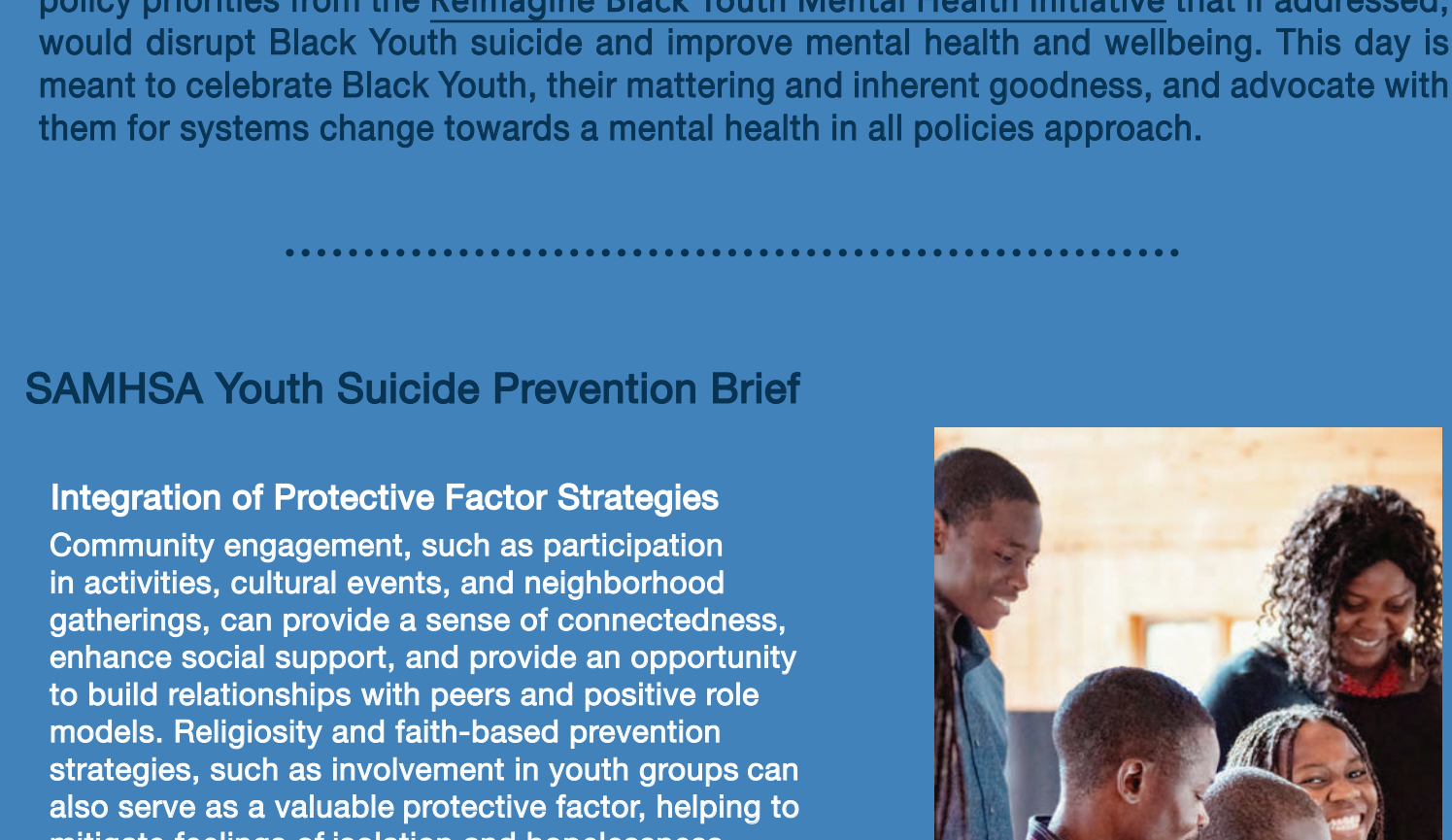
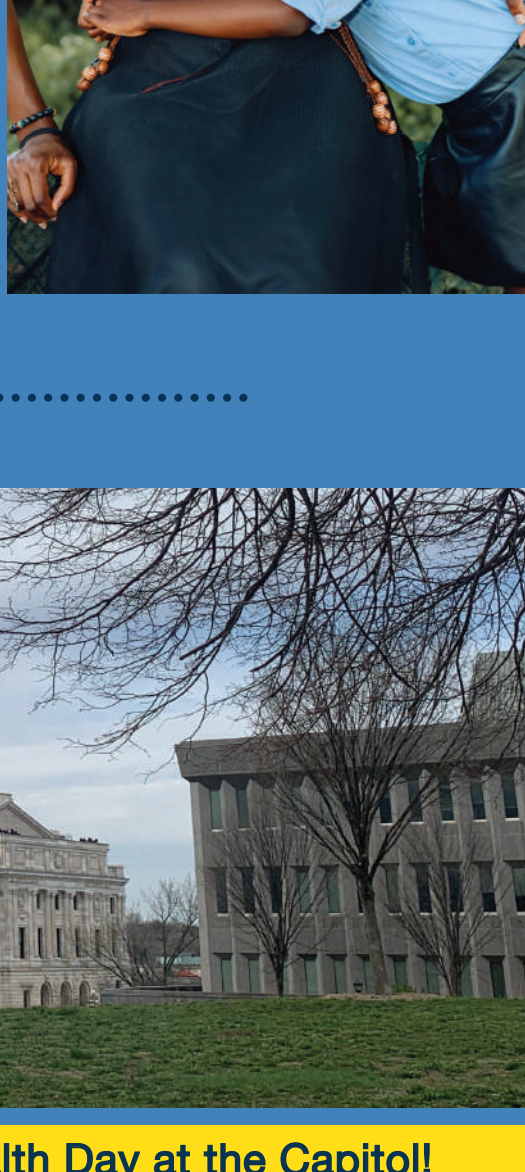
... Current Events & Resources for Parents & Families ...

**Black Youth Wellbeing**

The Minnesota Department of Health recognizes mental wellbeing is about having fulfilling relationships, resilient strengths, contributing to community and being resilient, which is the ability to bounce back after setbacks. Mental wellbeing is a core ingredient for success in school, work, health, and community life. Many components are encompassed in mental wellbeing, including ten from the Minnesota Student Survey conducted every three years.

Based on the 2022 Minnesota Student Survey data, non-Hispanic Black, African, or African American students (hereafter referred to as Black youth) reported lower rates for mental wellbeing components compared to their non-Hispanic white peers. The largest disparities in mental wellbeing components by race and ethnicity include social integration, social competency, personal growth, empowerment, and family/peer relationships.

The Collaborative is highlighting a number of great resources to support the mental wellbeing of Black youth in Hennepin County and statewide.



**Join us this Friday! Black Youth Mental Health Day at the Capitol!**

Friday  
March 28th, 2025  
9am - 3pm

Locations { 9am - 12pm Community Center  
1pm - 3pm State Capitol Rotunda

[Register Here](#)

Black Youth Mental Health Day at the Capitol is an opportunity to uplift the youth-identified priority of the Reimagine Black Youth Mental Health Initiative that if addressed, would disrupt Black Youth suicide and improve mental health and wellbeing. This day is meant to celebrate Black Youth, their mattering and inherent goodness, and advocate with them for systems change towards a mental health in all policies approach.

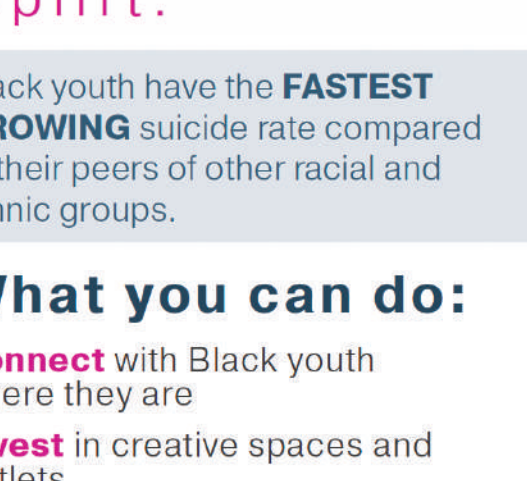
**SAMHSA Youth Suicide Prevention Brief**

**Integration of Protective Factor Strategies**

Community engagement, such as participation in activities, cultural events, and neighborhood gatherings, can provide a sense of connectedness, enhance social support, and provide an opportunity to build relationships with peers and positive role models. Religiosity and faith-based prevention strategies, such as involvement in youth groups can also serve as a valuable protective factor, helping to mitigate feelings of isolation and hopelessness amongst Black youth.

Family-level factors also can serve as sources of suicide mitigation among Black youth. Strong social support from family members can boost the feelings of belongingness and help reduce the risk of Black youth suicide.

Community-based interventions can offer support and safe spaces for Black youth. Family engagement, involvement, and support can serve as an epicenter of intervention for Black youth, given that validation and support are often first sought from familial relationships. Whether independently or collaboratively, both can offer lessons surrounding early identification of suicidal ideation, the importance of mental health talks, and where to go for help.



[Click Here for Full Issue Brief on Black Youth Suicide Prevention](#)

**Black Youth Suicide Prevention Resources**

**WHAT CAN HELP PROTECT BLACK YOUTH FROM SUICIDE? Connect. Invest. Uplift.**

**PROTECTIVE FACTORS**

**Community**

Feeling connected to school, community, and other social institutions

**Relationship**

Feeling connected to others and receiving support from partners, friends, and family

**Identity**

Having a strong sense of cultural identity



Black youth have the **FASTEST GROWING** suicide rate compared to their peers of other racial and ethnic groups.

**What you can do:**

**Connect** with Black youth where they are

**Invest** in creative spaces and outlets

**Uplift** cultural traditions and beliefs

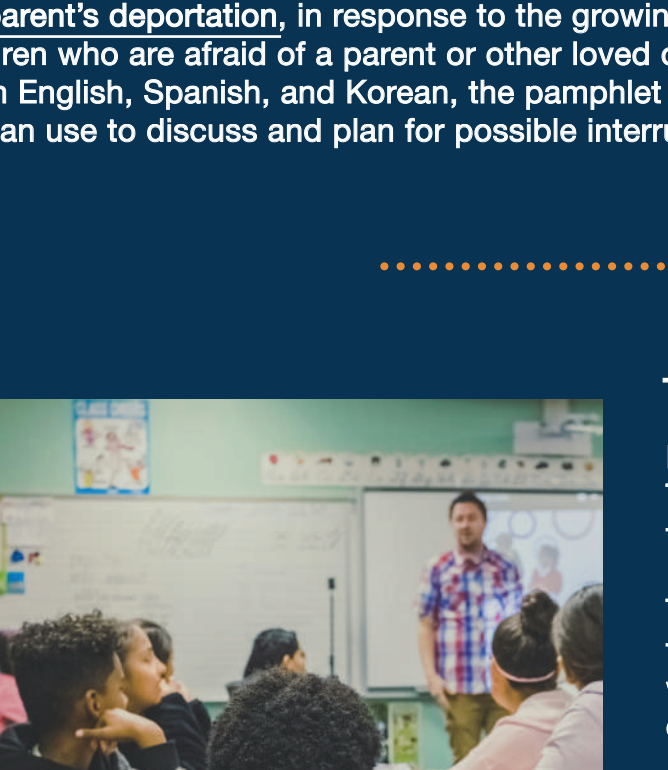
call.text.chat.988  
suicide & crisis lifeline

Source: *Still Ringing the Alarm: An enduring call to action for Black youth suicide prevention.* (2023)



**Cultural Provider Network Podcast**

Supported by The Minnesota Association for Children's Mental Health - MACMH



The mission of the podcast is to reach diverse audiences and communities to promote policies, practices, standards, and research that improve the health of children and their families with a focus on culturally responsive care. The podcast features interviews with 10 providers from diverse cultural backgrounds as they share how they prioritize humble, authentic support for all people seeking to optimize their mental health journeys, while promoting their individual wellbeing and sustainability in the field as professionals.

View the podcast on the MACMH website  
<https://macmh.org/cultural-providers-network/>

**Resources for Parents and Families**

**Resources for Families and Communities with Mixed Immigration Status**

Families with mixed immigration status are encouraged to know your rights to best support the health and wellbeing of children and families. As families are facing potential interactions with immigration authorities, stress increases and it's important to make plans.

The Immigrant Legal Resource Center has created a number of tools and resources to help families plan for possible interactions with immigration; <https://www.ilrc.org/resources/community/know-your-rights-toolkit>.

These resources are available in multiple languages and include:

- Red Cards on Your Rights; <https://www.ilrc.org/red-cards-tarjetas-rojas>
- Educational Videos on Your Rights; <https://www.wehaverights.us/spanish>

Some families are preparing by completing a Delegation of Parental Authority in case they are unable to return home or remain together. This website can be translated from English into Spanish/Español, Hmong/Hmoob, and Somali/Soomaalii.

**Supporting Young Children who are Afraid of a Parent's Deportation**

Infant and child mental health professionals from the University of Minnesota and Minnesota Association for Children's Mental Health created a pamphlet, *When children are afraid of a parent's deportation*, in response to the growing need of what adults can do to support children who are afraid of a parent or other loved ones being deported. Available for download in English, Spanish, and Korean, the pamphlet provides concrete steps a parent or caregiver can use to discuss and plan for possible interruptions in caregiving relationships.



**Teen & Young Adult (T&YA) Helpline**

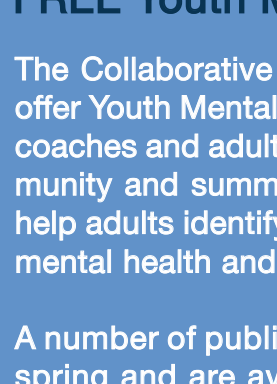
NAMI National has officially launched the new Teen & Young Adult (T&YA) Helpline to help with the national mental health crisis.

This free peer-support service provides information, resource referrals, and support to connect with peers who understand their struggles and offer them resources and information that help.

Well-trained supporters are available by phone, text, or chat Monday-Friday, 9 a.m.-9 p.m.

Call 1-800-950-6264, text "Friend" to 62640, or chat at [www.nami.org/help](http://www.nami.org/help) if you or someone you know feels sad, anxious, lonely, angry, has trouble sleeping, is going through a difficult time, feels "off," or has questions about mental health.

Consider encouraging your teen to add this into their phone contacts.



**Parent Leadership Opportunities**

The Collaborative's Parent Catalyst Leadership Group, PCLG, holds monthly meetings to connect, learn, advocate, and inform positive change to improve children's mental health care in Hennepin County. Complete our interest form to join other parents and families across Hennepin County or learn more by filing up our interest form [here](#), or check out our Facebook page [here](#).

**Resources for Parents and Caregivers on Collaborative's Website**



Are you looking for mental health resources for yourself or a family member? The Parent Resources page on Hennepin County Children's Mental Health Collaborative's (HCCMHC) website offers access to a variety of mental health services, from crisis resources, to family stabilization services, to connections with case managers.

Check out the [HCCMHC Parent Resources page](#) to find the right mental health services for you.

**Training Opportunities**

**Suicide Prevention Conference**

Thursday, April 24, 2025, 9am - 4:15pm

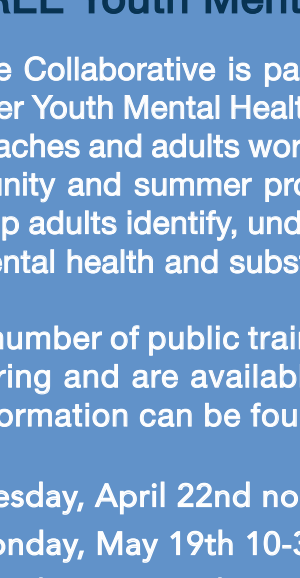
[Register Here](#)

Join Canvas Health for a day of learning and networking with suicide prevention partners from across the state. Breakout sessions will be tailored for school-based professionals, clinical professionals, and public health professionals, focusing on the latest information and strategies.

Where: Hamline University Anderson Center, 774 Snelling Ave N, St. Paul, MN 55104

Registration fee: \$30. Breakfast and lunch included.

**Did You Know?**



**World Semicolon Day is April 16th.** It is a day dedicated to raising awareness about mental health, suicide prevention, and the resilience of those who have struggled with mental illness. The semicolon symbolizes that a story isn't over and that there is still hope.

The semicolon is used to represent the idea that one's story is not over, and that they don't have to end their own sentence. It's a symbol of strength, continuation, and a decision to move forward.

**PROJECT SEMICOLON**

The trend of semicolon tattoos was started by Project Semicolon, which describes itself as "a faith-based non-profit movement dedicated to presenting hope and love to those who are struggling with depression, suicide, addiction and self-injury." [Project Semicolon](#) began by Amy Bleuel in April 2013.

As to the significance of the symbol itself, the organization writes on its website, "a semicolon is used when an author could've chosen to end their sentence, but chose not to. The author is you and the sentence is your life;" thus, in the case of these tattoos, it is a physical representation of personal strength in the face of internal struggle.

**FREE Youth Mental Health First Aid**

The Collaborative is partnering with the YMCA Beacons to offer Youth Mental Health First Aid training to youth workers, coaches and adults working with youth in after school, community and summer programs. This training is designed to help adults identify, understand, and respond to the signs of mental health and substance use.

A number of public training dates have been identified this spring and are available free. Registration and additional information can be found here:

- Tuesday, April 22nd noon-5 at Golden Valley Library
- Monday, May 19th 10-3 at Brookdale Library
- Tuesday, May 20th 10-3 at Brooklyn Park Library
- Thursday, May 22nd 10-3 at Hosmer Library
- Wednesday, June 4th 10-3 at Eden Prairie Library
- Thursday, June 5th 10-3 at Ridgedale Library

[Register Here](#)

Organizations may schedule their own training for teams of 15 people or more by contacting Beacon's directly at [ymhfha@beaconsmn.org](mailto:yhfha@beaconsmn.org).



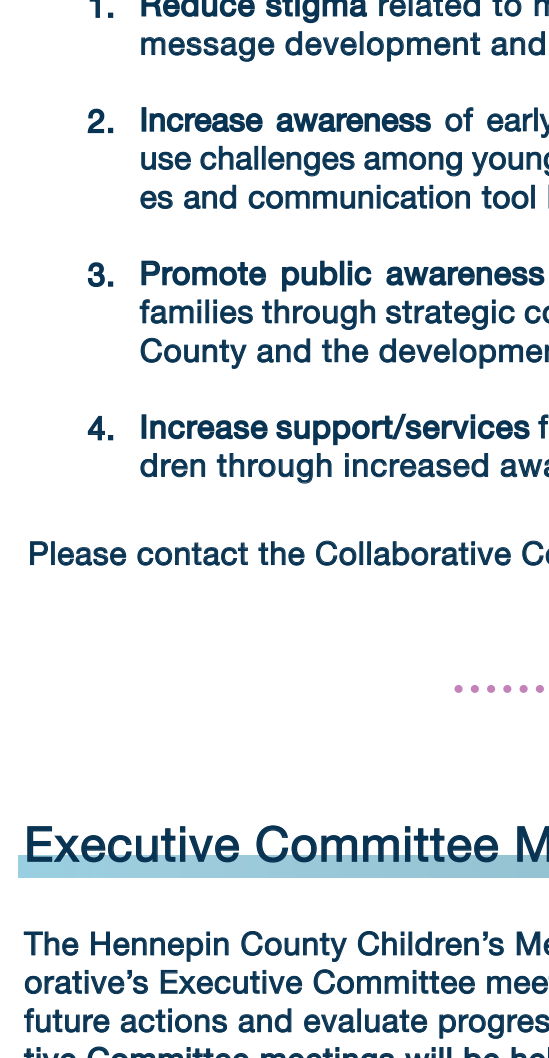
[Click for flyer](#)

**Collaborative News**

The Hennepin County Children's Mental Health Collaborative's (HCCMHC) mission is to provide a forum for a diverse and representative group of organizations and system stakeholders to influence the development and ongoing operation of an accessible and effective children's mental health service system within Hennepin County. The HCCMHC is a quasi-governmental collaborative that promotes innovative service development and continuous quality improvement in the children's mental health system by embracing the system of care principles, services, and available research on children's mental health services. The Collaborative's fiscal sponsor is MN Association of Children's Mental Health (MACMH).

Events and resources through the Collaborative are open to all families and caregivers across Hennepin County. If you are interested in learning more, please contact the Coordinator: [Laura LaCroix-Dalluhn](mailto:Laura.LaCroix-Dalluhn).

**Join Us for April's Collaborative Governance Committee Meeting**



The Hennepin County Children's Mental Health Collaborative will host its Governance Committee Meeting on April 16th from 12:00-1:30 PM via Zoom. The Governance Committee will add new members, consider approving new policies and processes related to conflicts of interest and gift policies, revisions to its Bylaws and approval of the 2024 LCTS Report.

We will also share an announcement about the Children's Mental Health Awareness Day event on May 8th!

[Join Here](#)

**Recruiting Community Partners to Join the Awareness Building Workgroup**

The Hennepin County Children's Mental Health Collaborative is recruiting community partners, provider and parents/caregivers to join its Awareness Building Workgroup. The workgroup meetings the first and third Wednesday of the month from 2:30-4:00 PM over Zoom.

This workgroup seeks to increase awareness of and destigmatize children's mental health and substance use challenges while promoting resources and enhancing access to services for youth and families.

**Goals & Objectives**

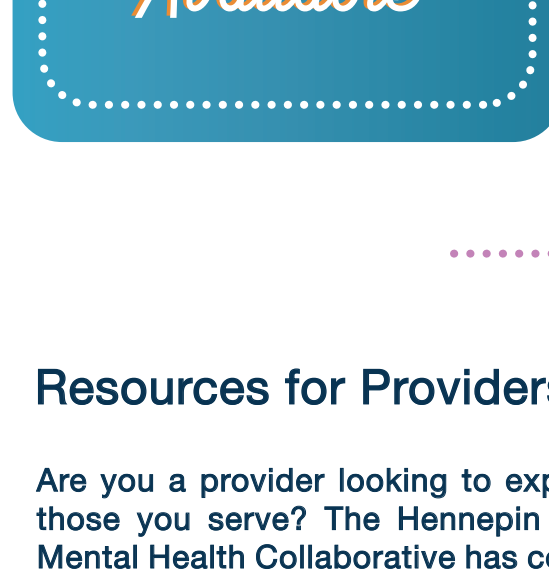
1. Reduce stigma related to mental health and substance use challenges through key message development and strategic communications.
2. Increase awareness of early indicators and signs of mental health and/or substance use challenges among young people and families through development of key messages and communication tool kits.
3. Promote public awareness of collective community support for young people and families through strategic communications within the HCCMHC and across Hennepin County and the development of a Resource Toolkit.
4. Increase support/services for families accessing mental health support for their children through increased awareness of supportive services and organizations.

Please contact the Collaborative Coordinator, [Laura LaCroix-Dalluhn](mailto:Laura.LaCroix-Dalluhn), to learn more.

**Executive Committee Meetings**

The Hennepin County Children's Mental Health Collaborative's Executive Committee meets monthly to plan future actions and evaluate progress. The next Executive Committee meetings will be held on April 4, 2025 and May 2, 2025 from 8:00 AM to 10:30 AM.

Please contact the Collaborative Coordinator, [Laura LaCroix-Dalluhn](mailto:Laura.LaCroix-Dalluhn), to learn more or gain information to participate in meetings.



**Training Scholarships Available**

The Hennepin County Children's Mental Health Collaborative offers scholarships to parents and children's mental health providers for training. Please review the training and scholarship criteria before submitting a request using our online form. Resources are available on a first come, first served basis throughout the year.

Learn more here; <https://hccmhc.org/scholarships/>.

**Resources for Providers on Collaborative Website**

Are you a provider looking to expand resources for those you serve? The Hennepin County Children's Mental Health Collaborative has compiled a resource list for providers looking to connect clients with culturally and need-specific resources. Check out the Provider Resources page on the HCCMHC website here: <https://hccmhc.org/provider-resources/>

